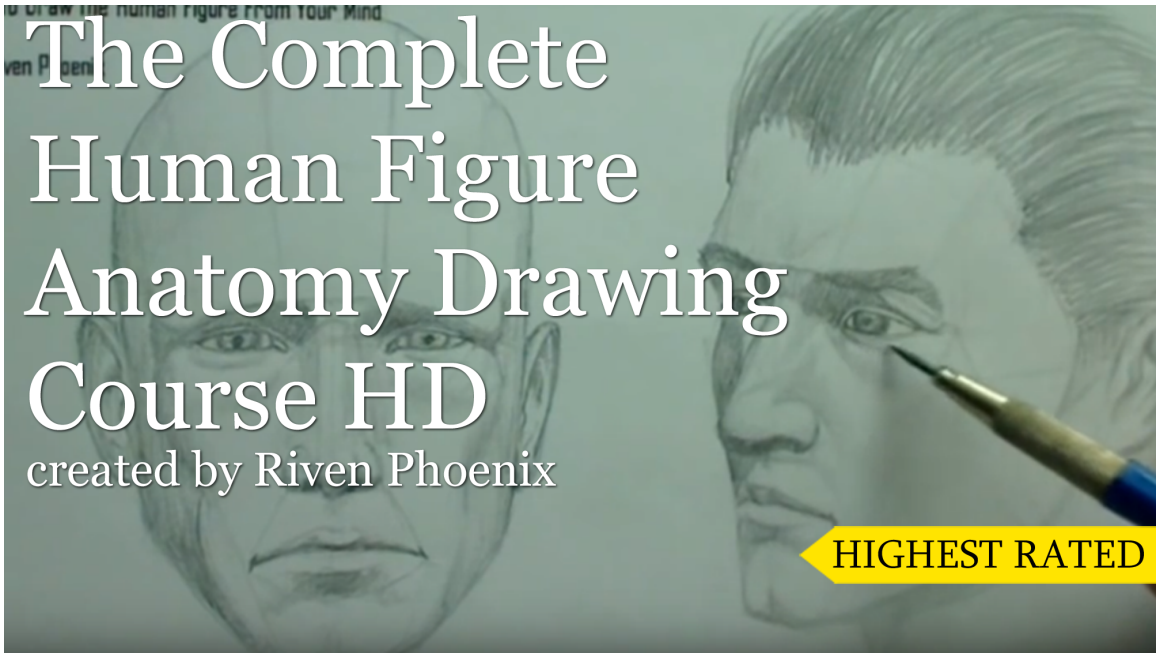


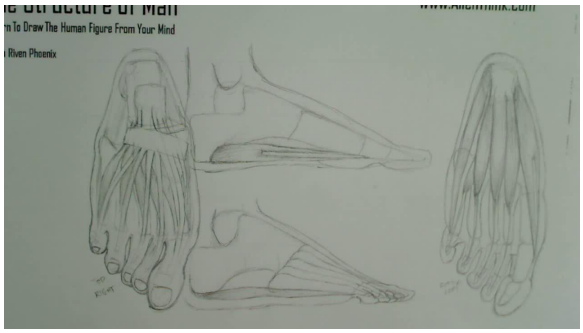
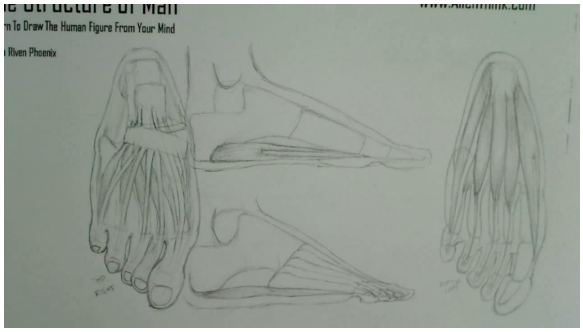
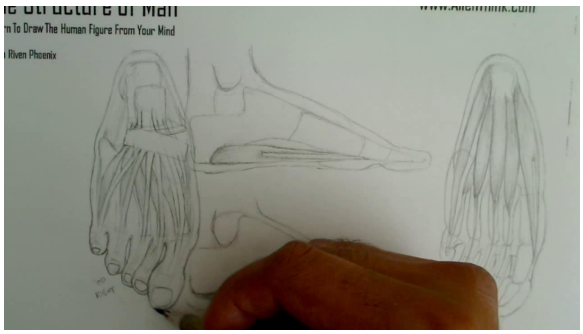
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

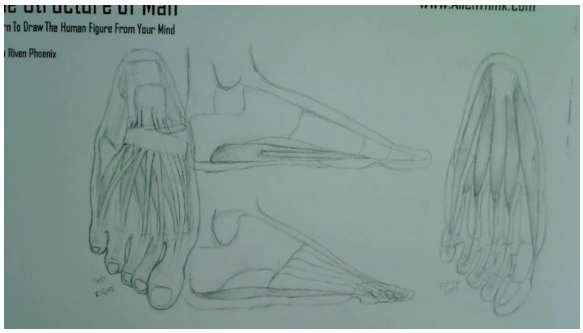
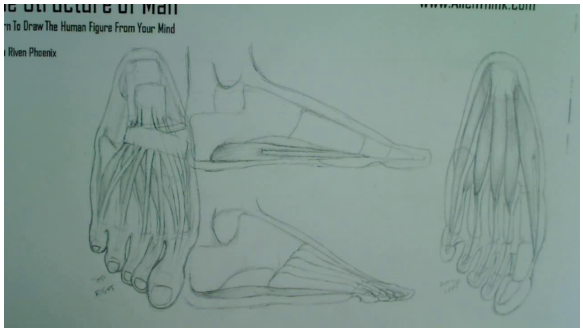
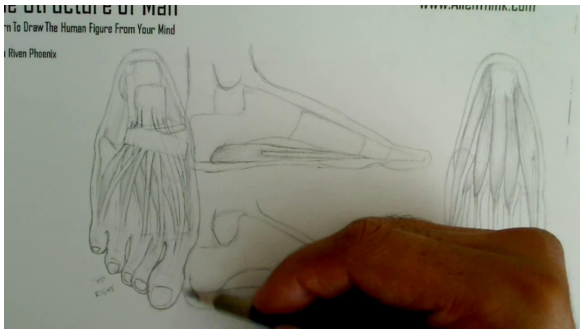
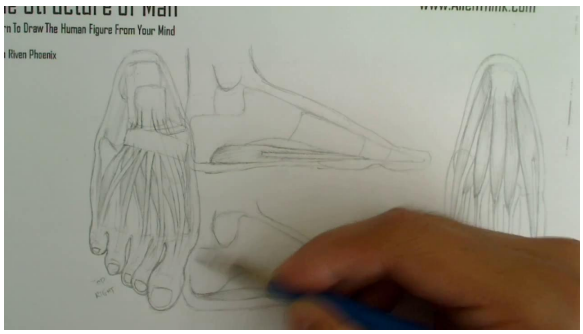
www.alienthink.com

Figure Drawing Lesson 185 - The Muscles of the Foot - Part 7

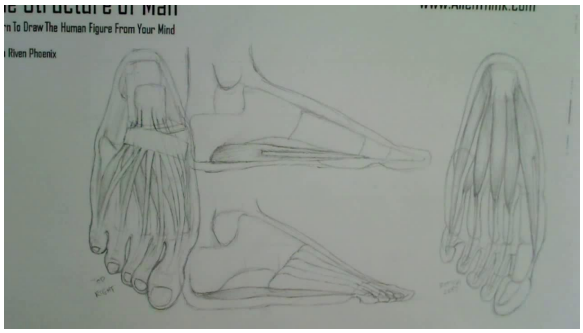
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the
2		structural man, learn to draw the human figure from your mind training course.
3		Okay, so here I'm just showing you a different variation of the foot here, just like twisted
4		and turned the feet around, just to show you that you can just start to understand how

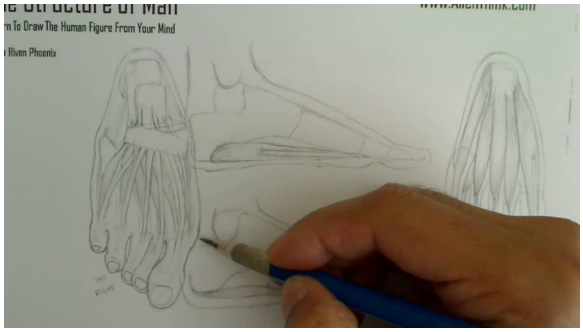
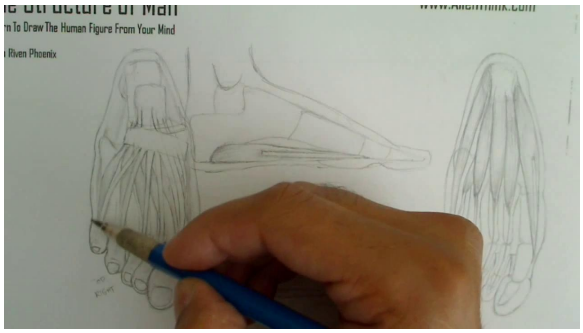
2026 Riven Phoenix and AlienThink.com

5		the foot will start to become more realistic.
6		So the foot is probably the oddest thing that we've invented in the human figures who know
7		that this is the heel and is actually coming back over here, we just put this in here,
8		right?

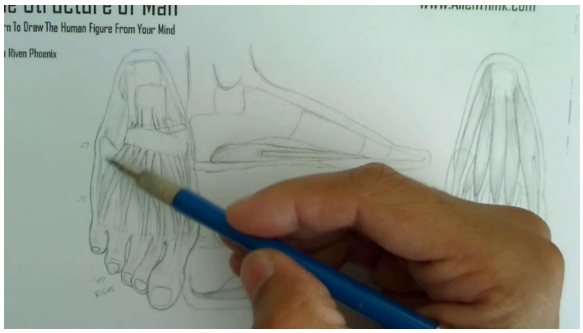
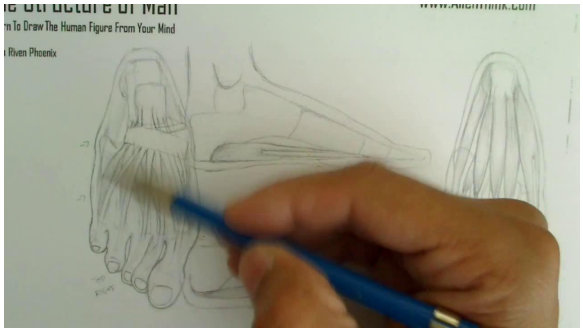
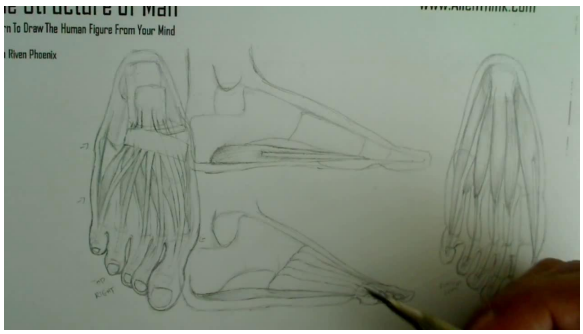
2026 Riven Phoenix and AlienThink.com

9		This is not the line for it.
10		This heel is coming all the way back.
11		So the thing that we want to understand is some basic concepts.
12		One is that you can check here in service the counter lines here.

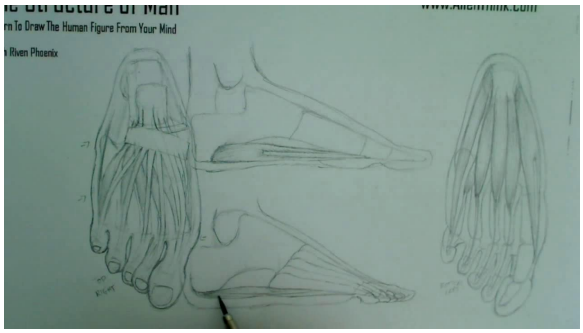
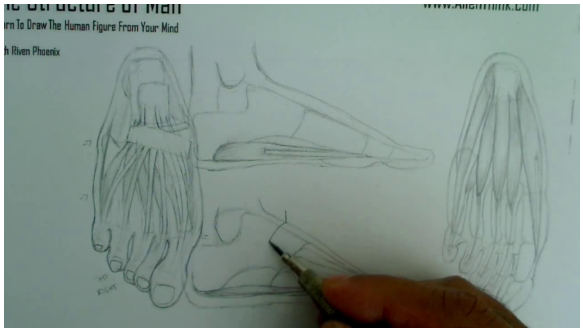
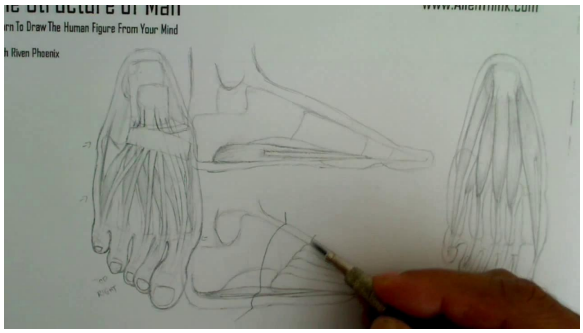
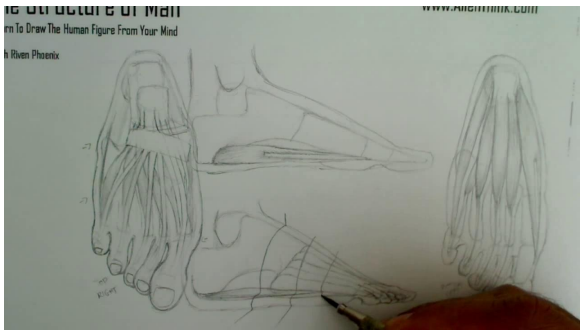
2026 Riven Phoenix and AlienThink.com

13		Look where this toe is, you're going to get this bump over here, okay?
14		So that's like the first thing to notice.
15		The other thing is that where the small fingers you're going to get this bump, you're going
16		to get this bump because of this, right?

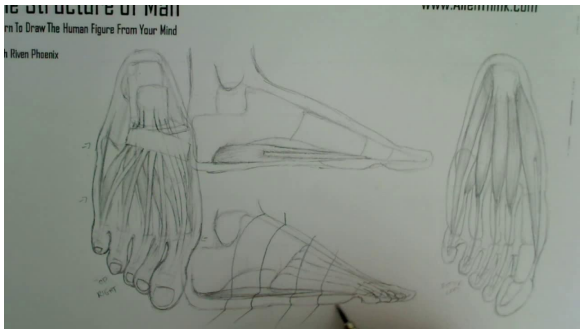
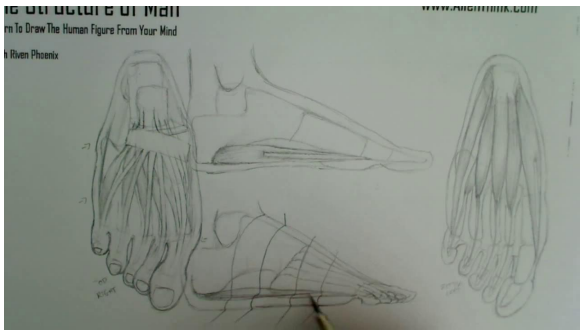
2026 Riven Phoenix and AlienThink.com

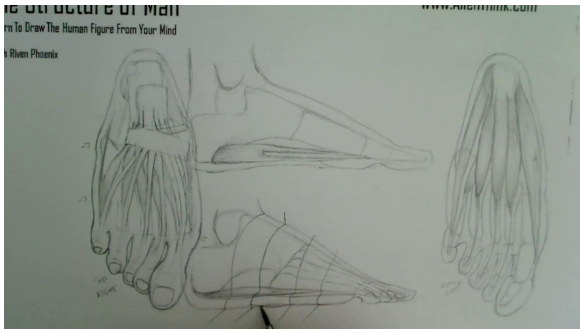
17		And the other thing to understand is because of the way we put the muscles, it's going
18		to be like this line here when you're standing, the foot is standing, there's going to be
19		this bump here that's going to go.
20		So what we're saying is that from here, right, just from here you're going to get like

2026 Riven Phoenix and AlienThink.com

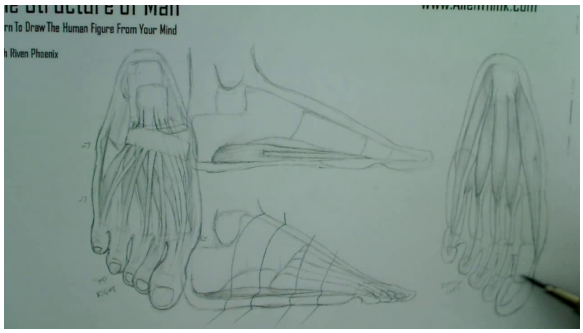
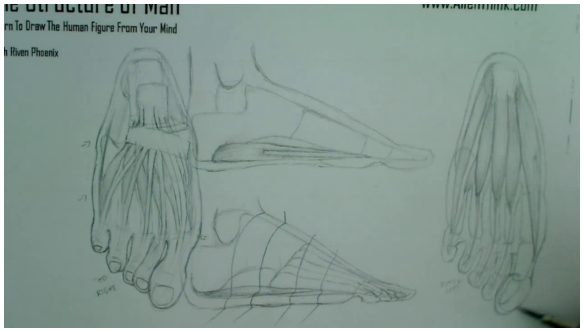
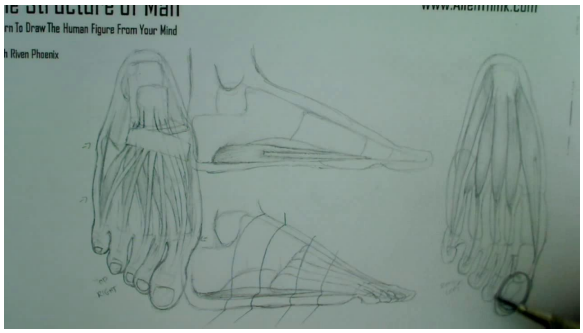
21		this line here that will appear, meaning that if we did the line of understanding, this
22		guy would go here like this and you're going to get a bump, okay?
23		So this is going in a curve and you're going to get like this bump and these are like
24		the most basic things to watch out for when you're understanding the foot that you're

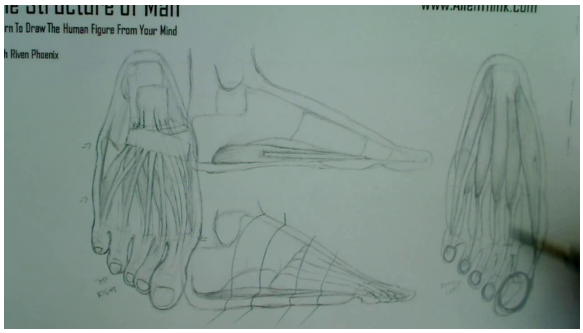
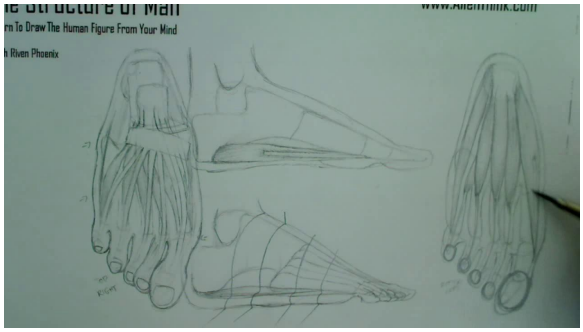
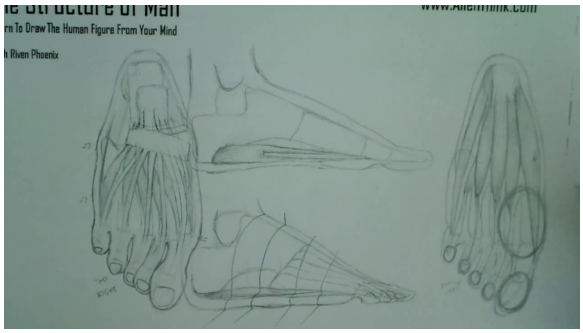
2026 Riven Phoenix and AlienThink.com

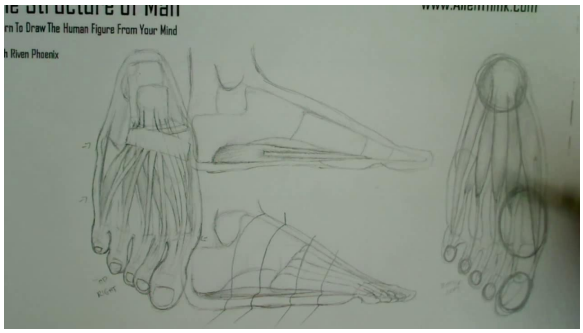
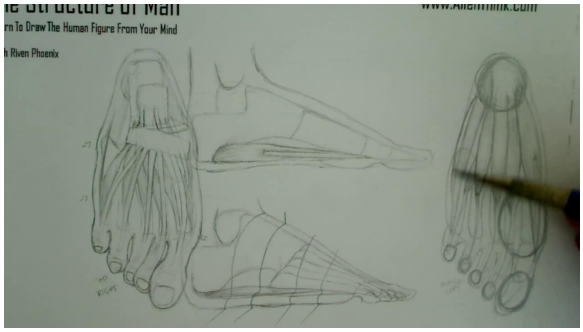
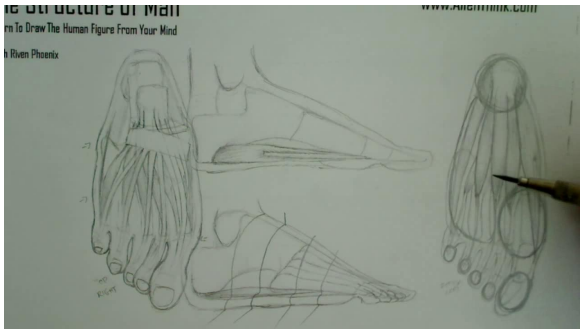
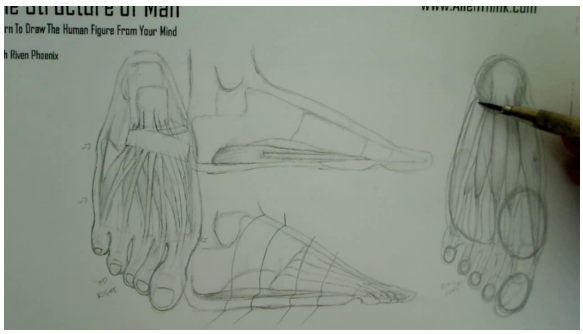
25		going to get this bump over here, right?
26		So if you look at this, if you translate this over here, you're going to state that,
27		okay, I understand that there's a bump going inside and I also understand that there's
28		a bump also coming outside here, right?

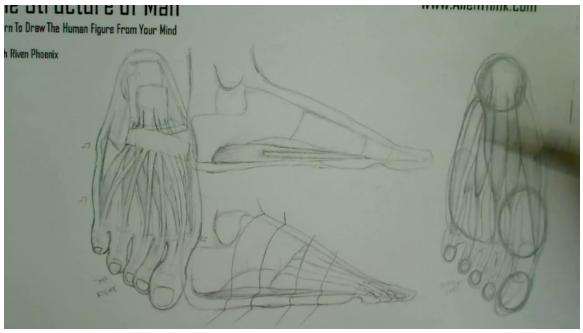
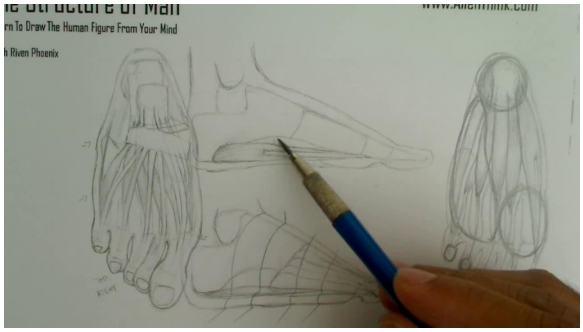
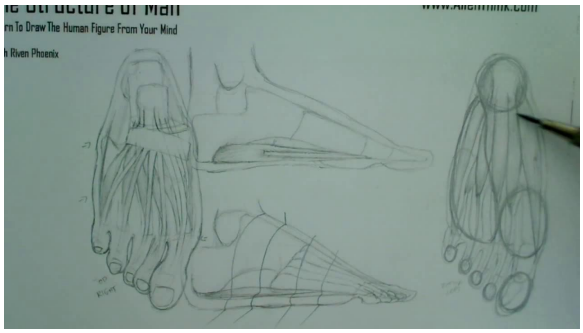
29		So I mean, you can add that these small bumps in here and understand this very important
30		thing over here.
31		And this is just more of a sensitive area over here like this, right?
32		So the thing to understand is now what's going to happen here to the bottom areas, right?

2026 Riven Phoenix and AlienThink.com

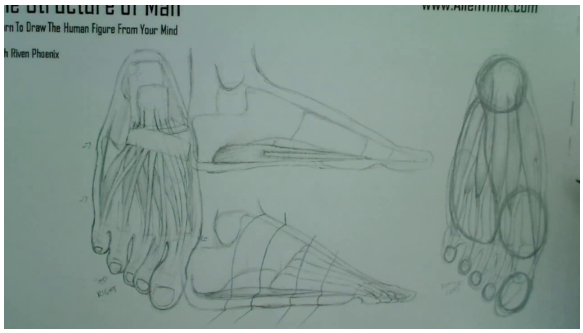
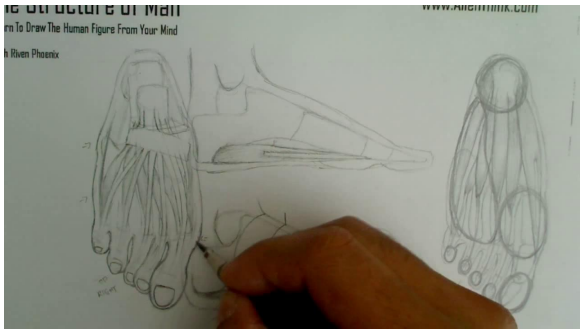
33		So what we just want to understand is here I'm just going to circle some stuff, right?
34		I'm just going to circle over here that over here you should understand that the feet
35		are going to be touching these areas here, okay?
36		On the bottom of your foot, these are the areas that will make impact on the ground, okay?

37		So this means that where this junction is, this area over here, this is also going to,
38		so this is like the design of your sole for your foot that this area is going to make
39		an impact over here and then this area on the bottom of your foot is going to make impact
40		over here also, right?

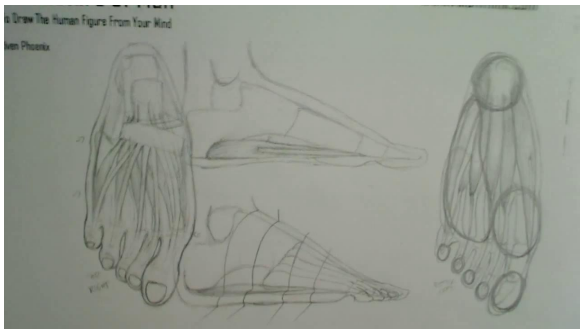
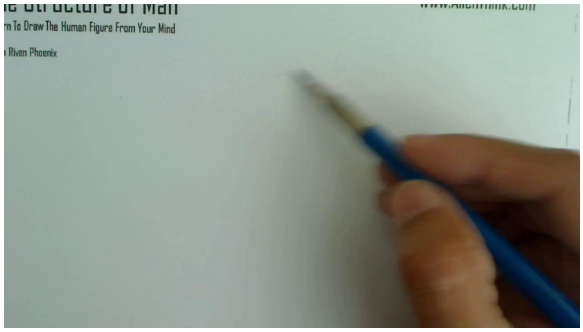
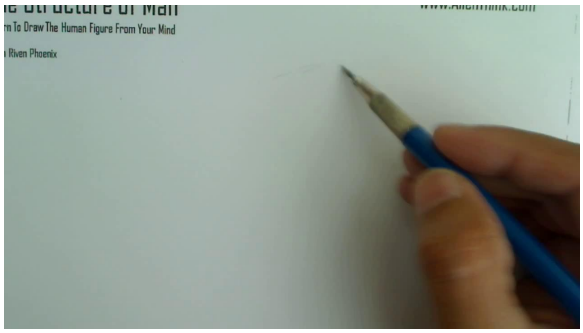
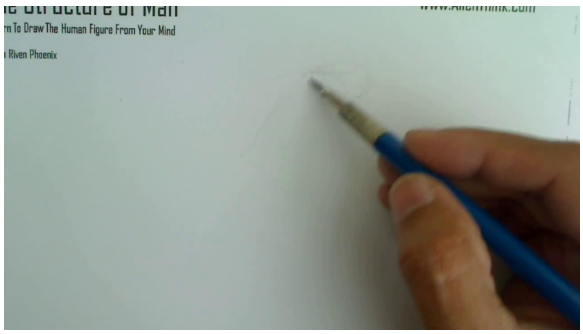
41		So what's going to happen is that you're basically going to get now this whole area, this is
42		how, okay, it's best to understand this way that this whole area is going to touch the
43		floor over here, right?
44		This whole area over here is going to touch the floor, right?

45		And this helps us to understand why, because look, from here we said that bone structure
46		is going to be going in the back, so it's going to be an arc here, right?
47		So this area here is not going to touch the floor, it's going to be these main points
48		to get that concept from what's going to happen over here.

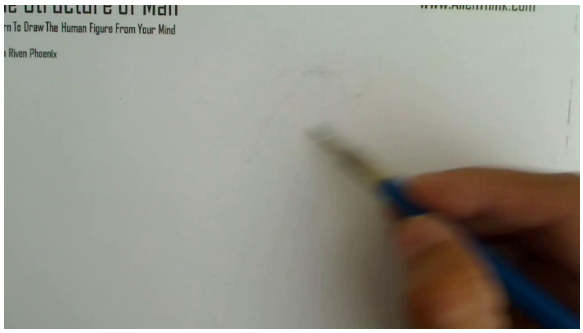
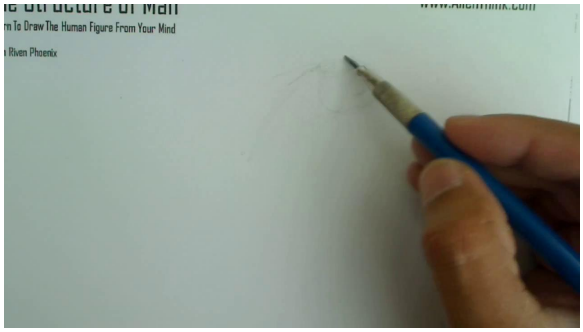
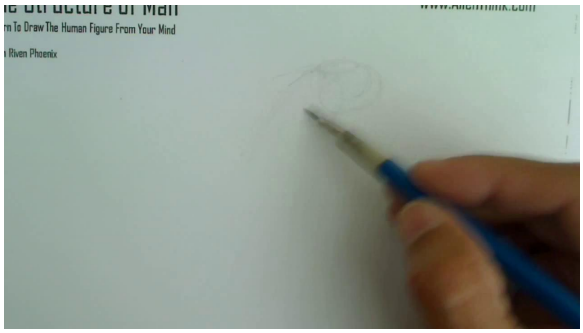
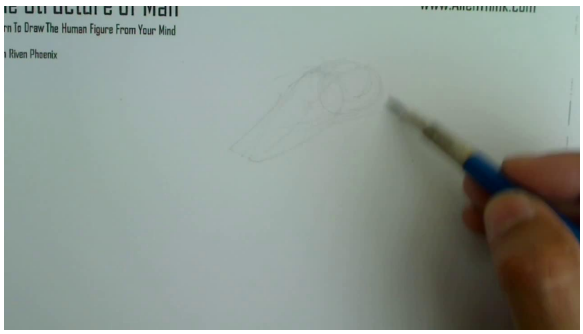
2026 Riven Phoenix and AlienThink.com

49		Okay, so over here, we're just going to just take a few things from this course, right?
50		Okay, so what we've done now is really getting very close to putting the seal on the understanding
51		of figure drawing, right?
52		We now understand how to draw out the foot.

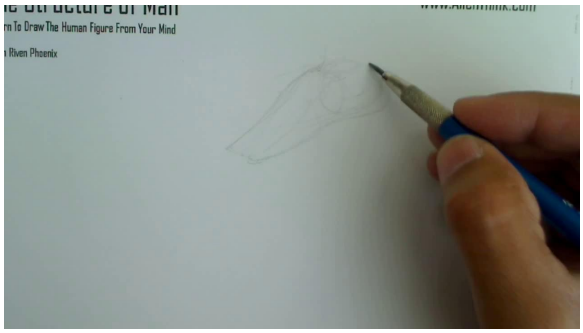
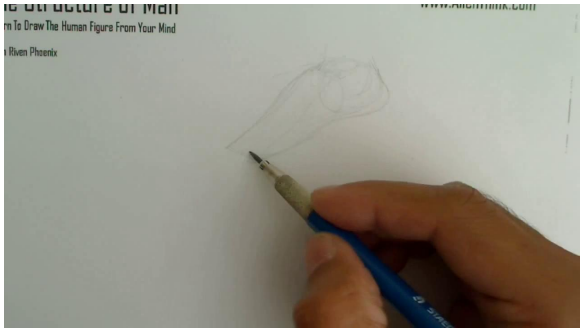
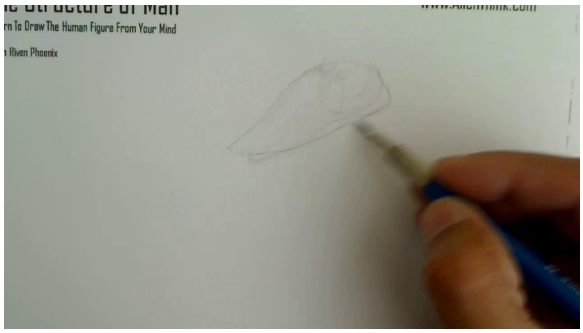
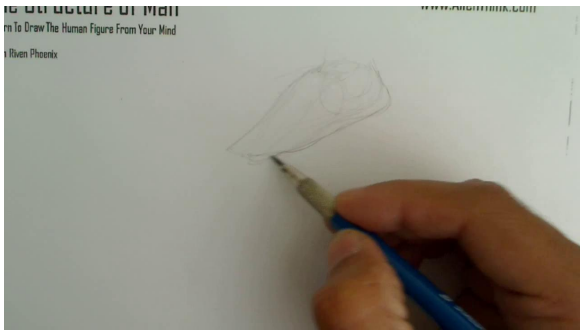
2026 Riven Phoenix and AlienThink.com

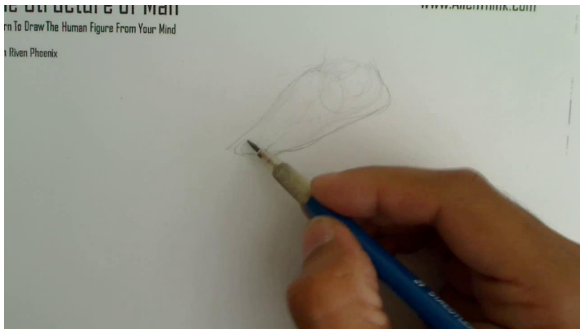
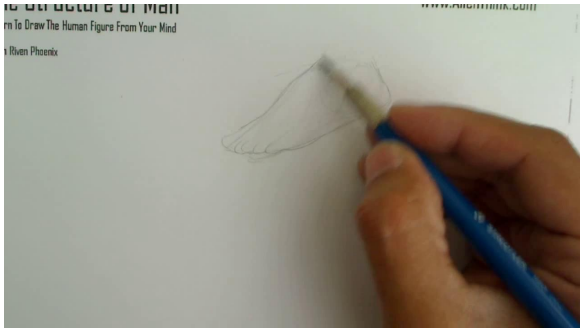
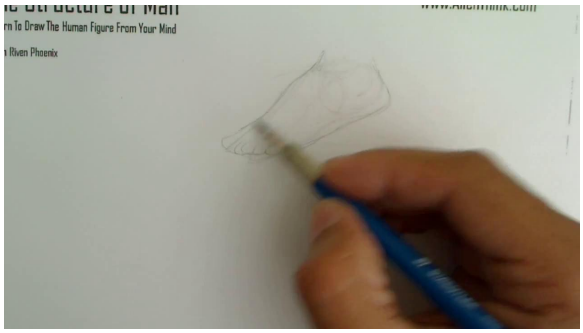
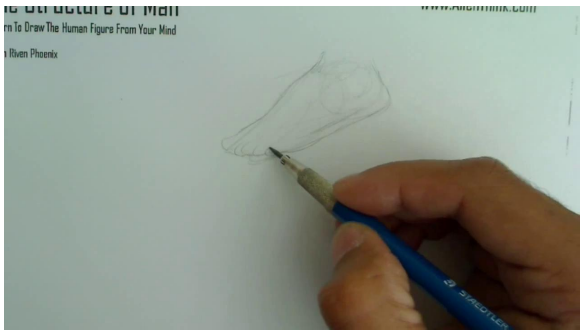
53		So let's just draw out some foot or feet and see what we can do.
54		So to draw the step out, what we can do is just do the same thing.
55		Let's say if, let's say if your foot was like this, you just really have to now imagine
56		what's going on, right?

2026 Riven Phoenix and AlienThink.com

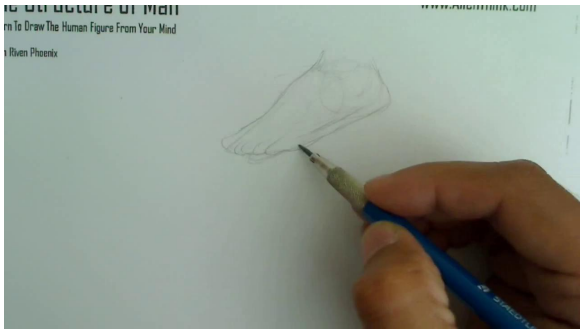
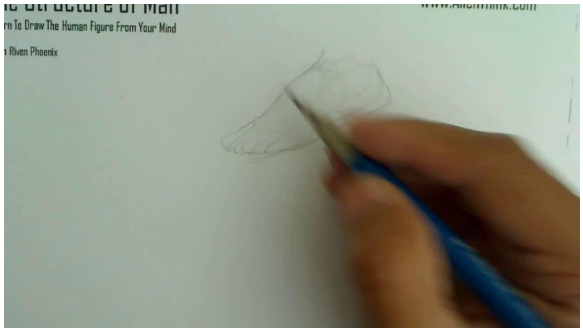
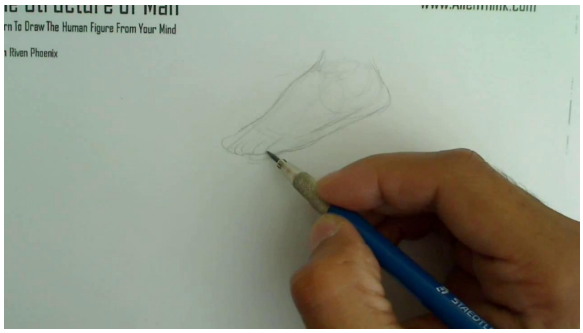
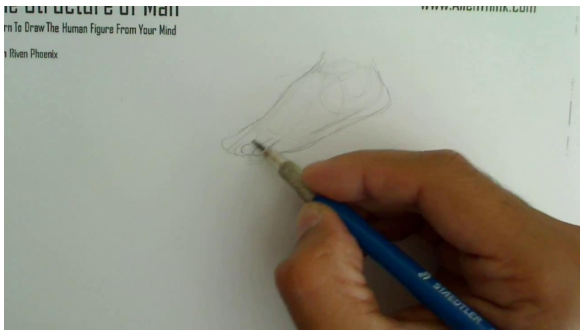
57		We can just simplify this in the same idea that we did of how to put these ideas together,
58		right?
59		We said we're going to create this, it's going to go down just like this over here, right?
60		This is the first concept of like a simple design for the foot.

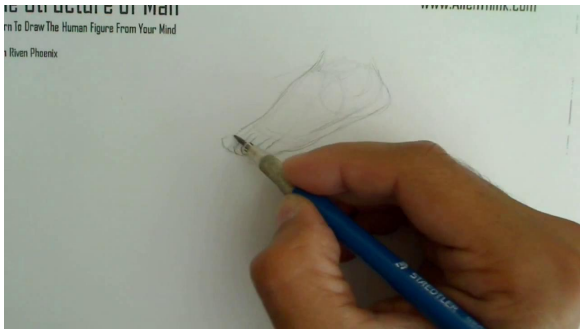
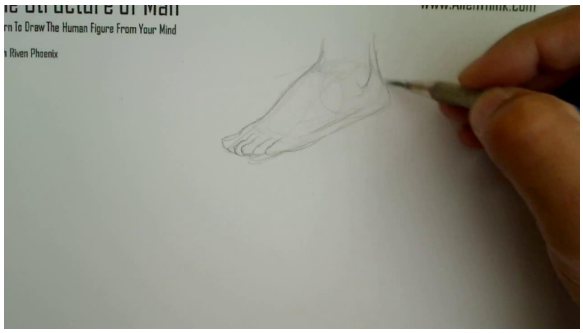
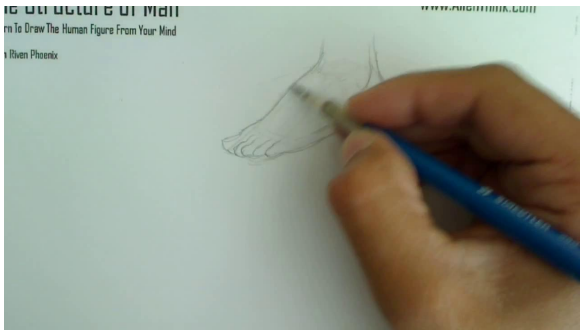
2026 Riven Phoenix and AlienThink.com

61		So let's say this is going to be the outside of the foot.
62		So we already know that right, I'm going to get like a curve over here and it's going
63		to go in and I know about this bump over here that we just talked about and here's just
64		going to be my fingers, right?

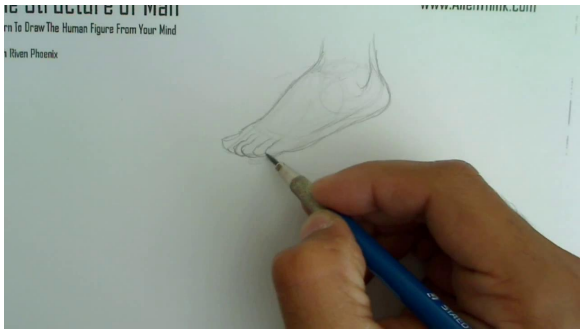
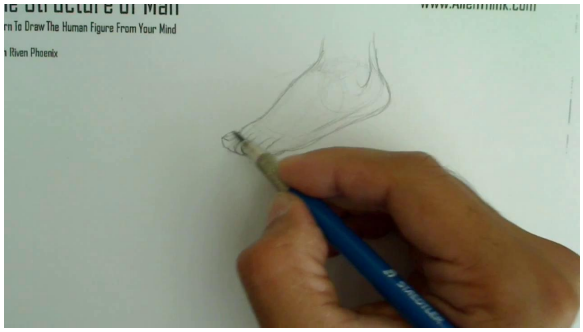
65		You're going to get at least four over here and then you're going to get this ideal over
66		here, right?
67		I've just shown you how to simply understand that you'll probably just get a line over
68		here, right?

2026 Riven Phoenix and AlienThink.com

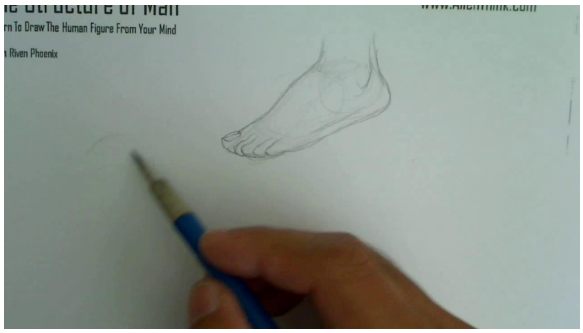
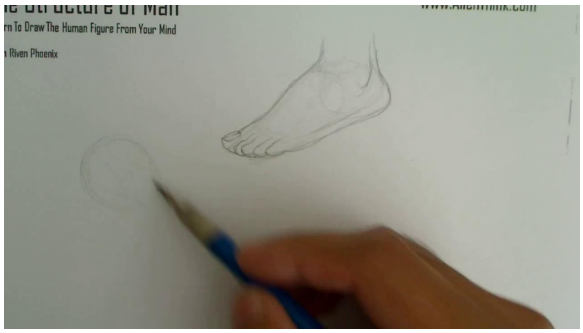
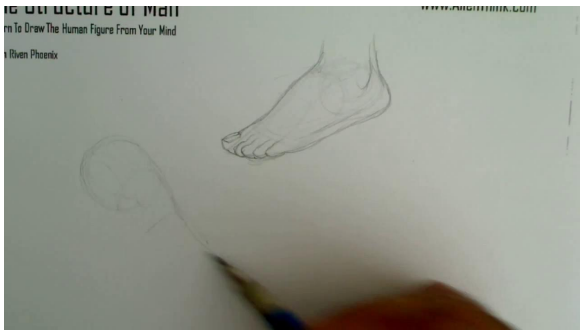
69		So to understand this concept, we just have to understand, okay, where are the lines for
70		the bones?
71		And then over here, we can just start to simply build this completely from our mind here.
72		And of course, you can just look at your own feet to start to grab some concepts, right?

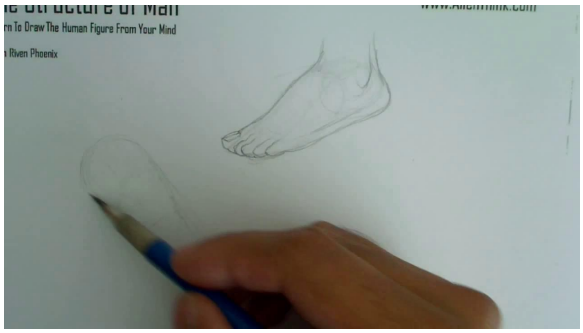
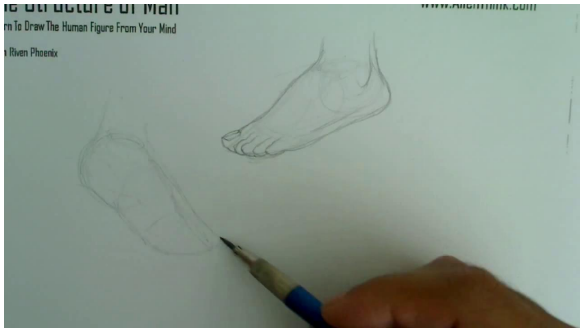
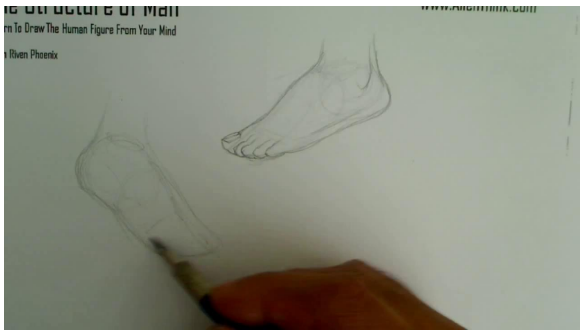
73		And here I'm just going to be more sketchy about this, it's just going to go like this
74		and of course it's going to turn into the foot over here, this is the fibula is going
75		to be over here and I'm going to get an idea like this, right?
76		Very simple concepts, very simple concepts.

2026 Riven Phoenix and AlienThink.com

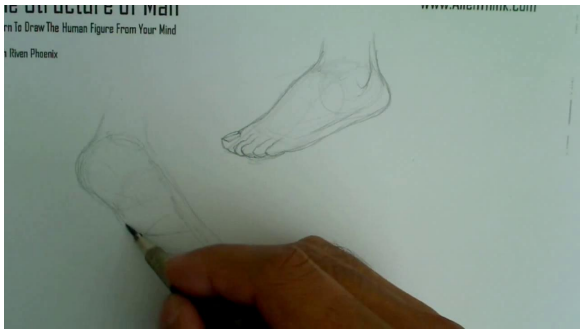
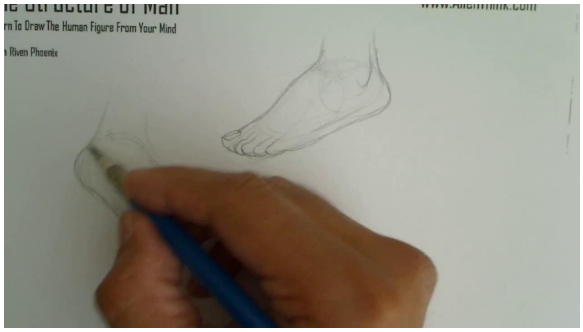
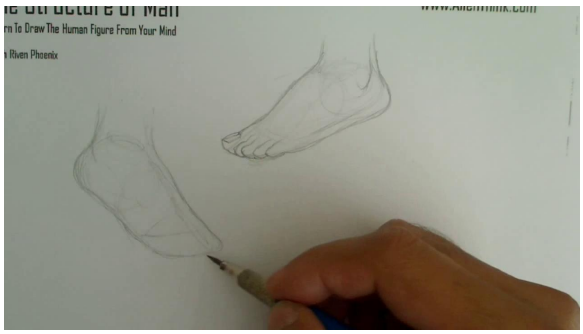
77		So we're just right now learning to sketch out the foot.
78		So you can see that it's going to be, it's going to become very easy to do that, right?
79		It was so simple because we took the mind through that very intricate understanding.
80		Okay, so let's draw out, let's say, another foot over here, let's draw it from the other

2026 Riven Phoenix and AlienThink.com

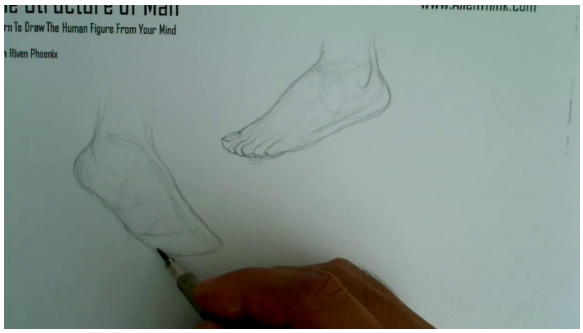
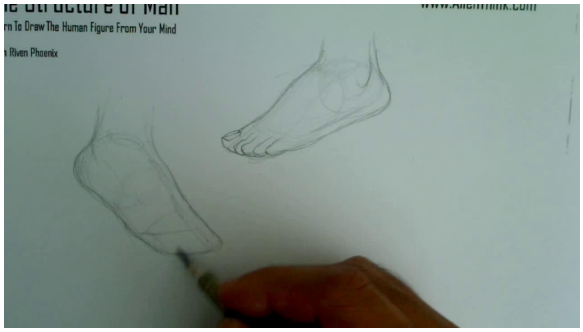
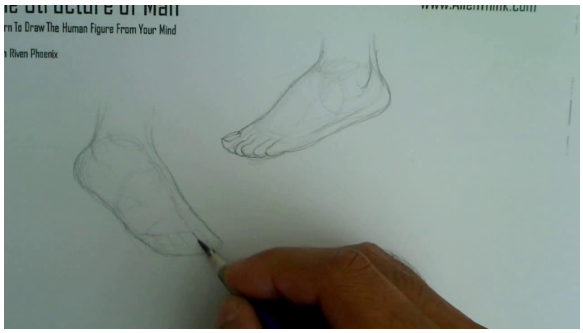
81		direction.
82		So the way to do it is, okay, well, I'm just going to first draw out with this very simple
83		shape here and how we did the basic shapes.
84		We know that, okay, I can just simply come down over here like this same thing, right?

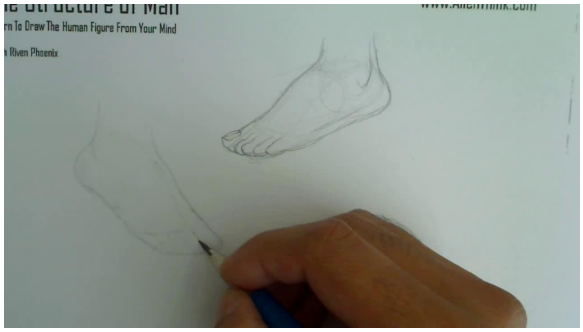
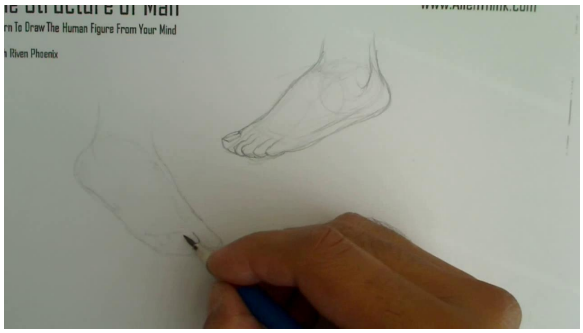
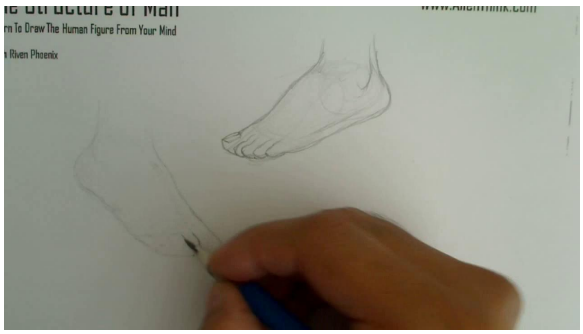
85		And then just do the idea for the heel and just understand that, okay, where is my, how
86		really, how is this foot going to be designed over here, right?
87		Just put simple ideas down first, right?
88		And then you know that, right, look, it's going to use the same thing.

2026 Riven Phoenix and AlienThink.com

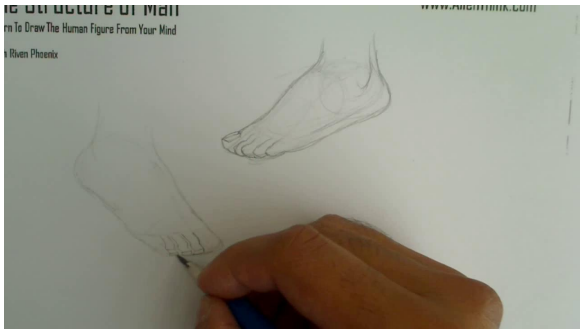
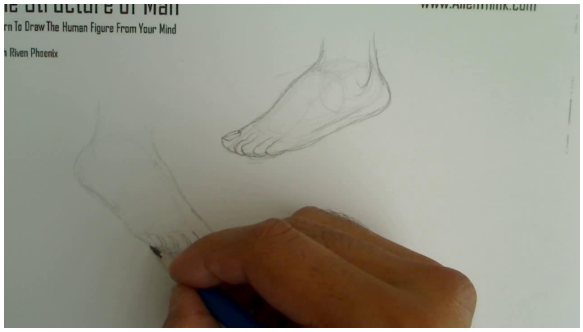
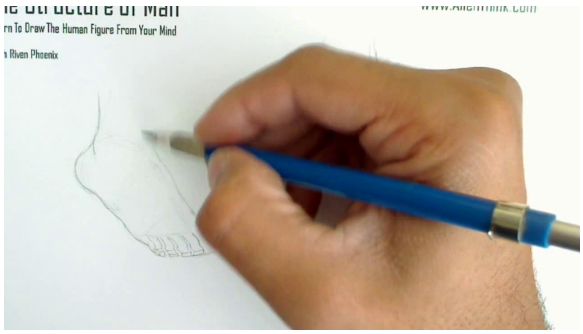
89		I'm going to get like a bump over here, I'm going to get like a bump over there.
90		My heel is going to be here, the fibula is going to be here from, from this end.
91		Then I'm going to come over here and over here, my toe is going to start to come out
92		up it, right?

2026 Riven Phoenix and AlienThink.com

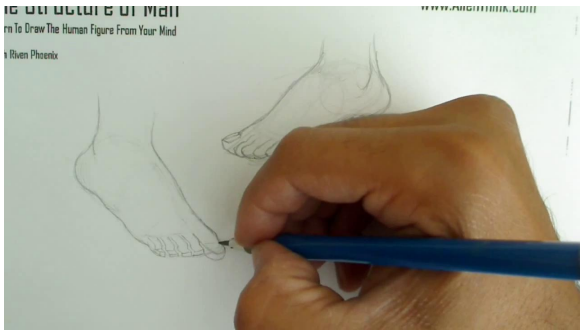
93		And then over here, it's going to be very simple.
94		We can just do one, two, three, and then we got four and then we can put like steps
95		into this, right?
96		So let's understand this in more of a 3D form here because we've already proved that

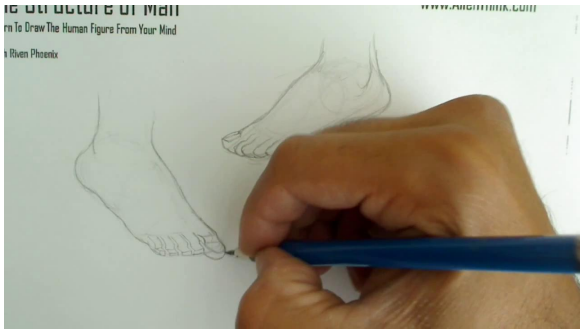
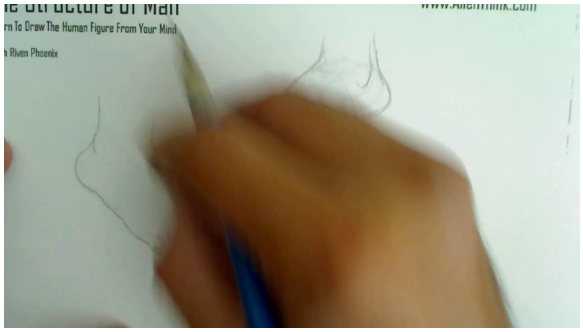
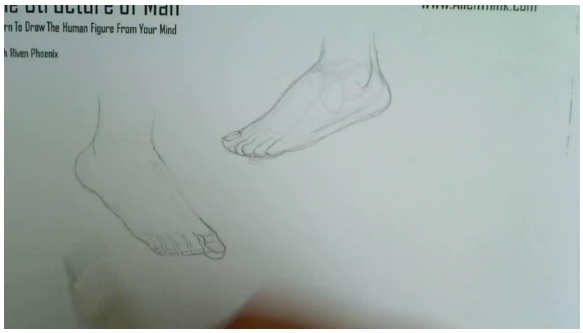
97		we can draw it out pretty quick, right?
98		So this would be just understanding, okay, well, I'm going to get like these 3D forms
99		here on my finger, right?
100		It's going to just come like this over here, like this, right?

2026 Riven Phoenix and AlienThink.com

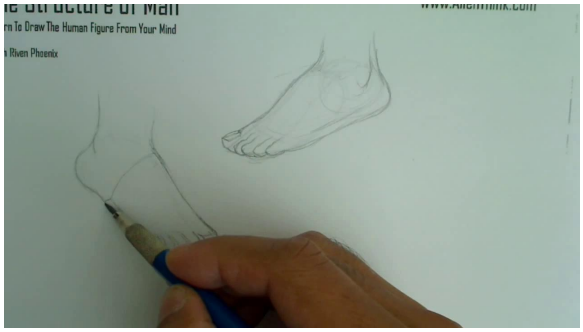
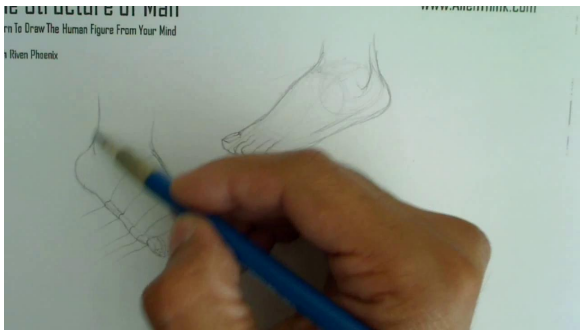
101		And this would be a good exercise, just to grab the concept of the foot and just proving
102		to yourself that you really have understood the foot, right?
103		And here we just do a little bump over here, and over here, I can do the fibula over
104		here, and then over here, when we do the foot like this, we can start to come in and

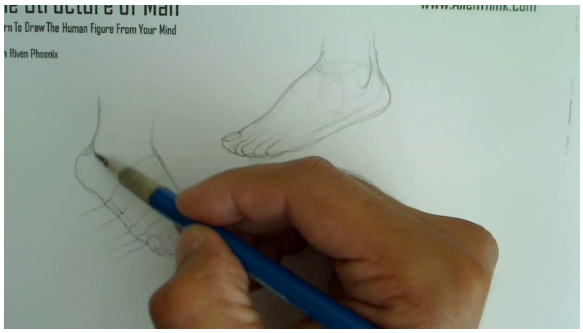
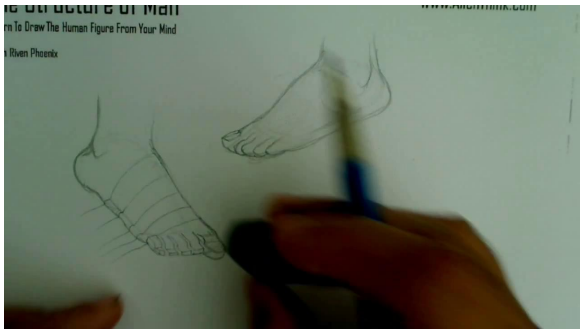
2026 Riven Phoenix and AlienThink.com

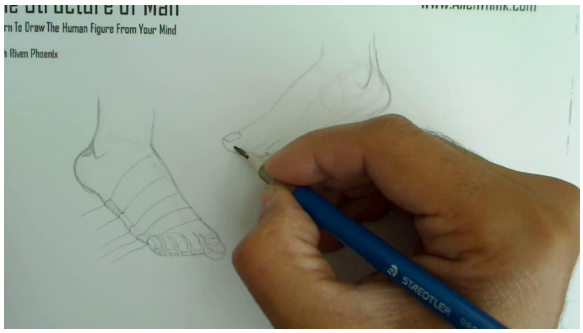
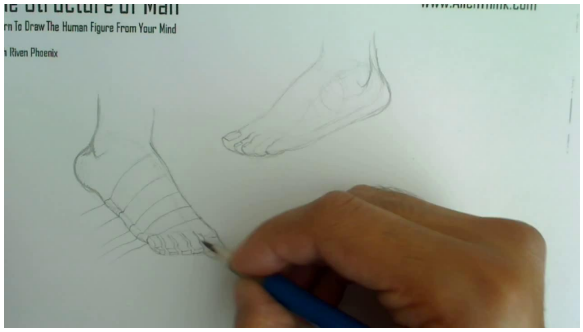
105		just start to think about the same concepts, right?
106		So for here, we know that, okay, well, this is going to be a major step over here.
107		It's going to create a major step over here for himself, and basically that's how it
108		should be in the idea of the form, right?

109		Just grasp these ideas that doesn't really matter what we do will be able to get the foot
110		foot down, right?
111		And then we can just either skinnier it up or whatever, and here we can even show a little
112		bit of surface and not, and showing that, right, this is really coming like this, right?

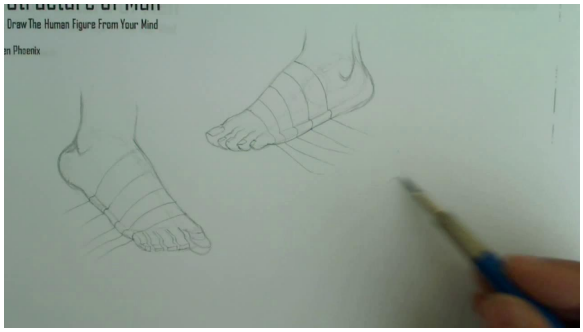
2026 Riven Phoenix and AlienThink.com

113		So if we look at the line of understanding, it's really just going to be like this over
114		here, like this, right?
115		All of this is going in an arc over here, right?
116		And this part here in the back, it's obviously going to be more of a heel, there's a heel

117		in there, right?
118		It's just going to be much more skinnier from the back, just like this, okay?
119		I'm just going to erase this stuff, okay, so here I'm just going to say it's going
120		to be like this over here, okay, so here we can just make this a little more better looking,

121		and here we can just start to put down better shapes over here, right, just take this information
122		from here and translate it over here as to how should this be created over here.
123		It's the same concept as the hand as to how to do this, right, and then we're going to
124		do this, so here it's the same thing, it's just cutting down like this over here, like

2026 Riven Phoenix and AlienThink.com

125		so, right, so you can do all different types of foot, so let's do one more, one last one
126		and do it where we see the end of the thumb, so to do this I'm just going to draw out
127		a simple shape over here first, I want to see the area for the thumb on this end, right,
128		so the thumb is going to be here, and this is going to be basically the same concept

129		that I would draw it out like this, right, first get the conceptual idea down over here,
130		and I know it's going to swing around over there on the other side, right, it would
131		have to, just like this, right, just get that conceptual idea down first, and then we
132		can now start to just understand, okay, I got the idea down over here and my small fingers

2026 Riven Phoenix and AlienThink.com

133		are going to be going down here, so how do I divide this, well, let's think about this,
134		you're going to get your foot over here, 1, 2, so you're going to get 1, 2, 3, 4, and then
135		we can now simply make this a little more bigger and then do the same thing, it's just going
136		to be, let's say this foot that we're coming up with on the fly over here like this, and

2026 Riven Phoenix and AlienThink.com

137		then we know that the, that the tip is going to be here, right, so here I'm just showing
138		you how you can simply start to understand the foot now, okay, so now we can, let's make
139		this into more of a 3D form, here I'm just going through this process of showing you
140		how you can doodle really things around and start to experiment with them to better understand

2026 Riven Phoenix and AlienThink.com

141		what's going on, right, so here we could say that okay, well, my, my toe is going to be
142		like this over here, and I want to understand this more in a 3D sense, just like this, right,
143		and it's the same thing, it's just going to use the same conceptual idea on the other side,
144		right, just understand things in 3D, then let's say over here, I'm going to bring this over here

2026 Riven Phoenix and AlienThink.com

145		like this, right, and I can make really the foot do anything that I want, and over here we're
146		going to get this bump over here that we talked about, right, and then it's just going to be here,
147		so this is more of an arc, it's going to be more of an arc from this direction over here, right,
148		just like this, we can think about this more in a 3D sense, so what I want to do over here,

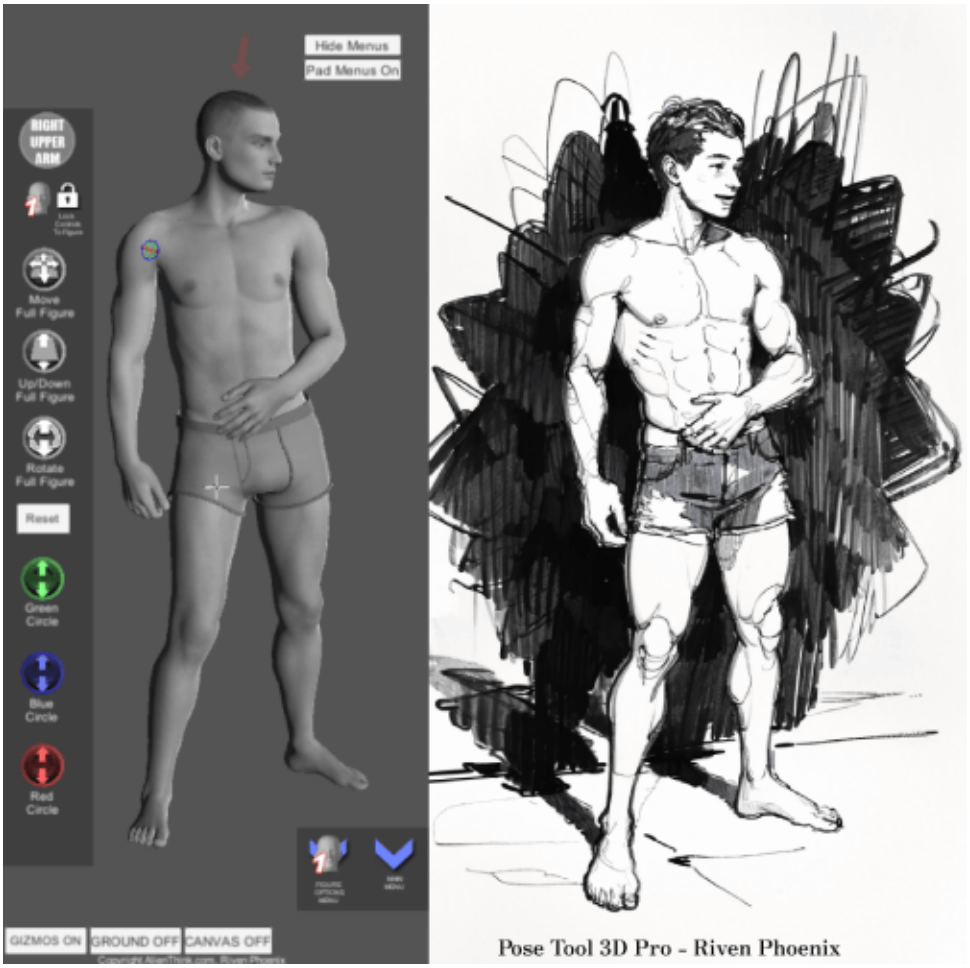
2026 Riven Phoenix and AlienThink.com

149		right, so here we're just really fiddling around with this, but just to show you it doesn't really
150		matter, we're going to get the feet to look like feet, right, so over here we know that okay,
151		well, I understand this is just going kind of like this and the idea of the form, this really is
152		just coming from that end up more, right, so you're going to get this area in the forms like this,

153		this is going to be the height of the foot, right, we're talking about this area over here,
154		it goes down the other way, right, so it's just coming this way and then it's going to go up
155		and around like this, right, and then it's going to have like an arc over here, a little bit of an
156		arc, then it's going to go down over here like this, okay, so let's just finish this up,

157		go quick,
158		that's over here we're just doing the 3D forms, but so there really are no knuckles on the,
159		like we have on the hand, then on the foot, okay, so I'll see you in the next lesson, thanks.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com